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FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

Epistle for the Week of September 3, 2020

The building of First Congregational UCC is currently closed for group gatherings. Masks are required for gatherings occurring outside.

Dear First Congregational,

Greetings to you this first week of September! Recently I came across a reflection from Parker Palmer that spoke to me. I want to share it with you and invite you to reflect on what brings you inner peace.

Parker Palmer says that during his recent sabbatical he realized that the “most radical thing I can do during this era of intense social and political turmoil is hold to inner peace, as best I can.” For Parker Palmer, being at peace does not mean that he is ignorant or naive about the world’s problems. It’s not about being detached from reality, but being grounded in the present moment. Parker Palmer goes on to say:

I’m not talking about shutting out the madness around me: the madness is here and we must

respond in life-giving ways. I'm talking about taking it into a quiet center, where my responses can be truer, more grounded, and more sustainable than when I get lost in the madding crowd. I'm talking about refusing to collaborate with the frenzy that weakens democracy by depriving us of reason and cutting us off from our souls...I'm not abandoning the struggle. It must be won by love, truth, and justice. I'm reclaiming the nonviolent resources that are found within. I refuse to let the powers that be strangle the better angels in me.

As a Just Peace church, we know that peacemaking begins with an inward journey. Parker Palmer says, "Achieving 'serenity' is not where the struggle ends. It's where the nonviolent resistance begins."

Take time to nurture your own serenity today. Be at peace within. Peace begins with you.

Blessings

Pastor Sarah

FC Emergency Fund - The FC Emergency Fund is available to support housing, food, and medical needs for any of our church family who find themselves unemployed or underemployed due to Covid-19 impacts. To request funds for you or your family, please contact Pastor Sarah by email pastorsarah@fcindy.org or cell (386) 478-9012. To make a donation, send a check to the church with "emergency fund" on the memo or make a donation on the church website.

Soul Care with Pastor Sarah - Join us on **Tuesdays from 5:00-6:00 p.m.** for a time to check-in and to pray together.

Here is the Zoom link:

<https://us02web.zoom.us/j/494018938?pwd=a3BrdnNyWXEza0tFMUgwek1CVFpYQT09>

Worship

Sunday Adult Education, 9:30 a.m.

Class will meet via

Zoom: <https://us04web.zoom.us/j/9264494206?pwd=dmtWbWE5UXRBTK5pcHZlYlB0aEFVUT09>

September 6: Today we launch our **"One Church One Book Study"** with ***I'm Still Here: Black Dignity in a World Made for Whiteness* by Austin Channing Brown**. As part of that launch, our Adult Ed class will listen to a 13 minute interview between Austin and Jeff Shinabarger. This interview is available on YouTube at this link -

<https://youtu.be/10aUnU5qGqU> - for those of you who would like to listen before class. We will also read another interview from Sojourners titled, "Austin Channing Brown: White People are 'Exhausting,'" available at: <https://sojo.net/articles/austin-channing-brown-white-people-are-exhausting>

Sunday Worship, 11:00 a.m.

Pastor Sarah is preaching on "God Is Here Among Us."

Scripture: Matthew 18:15-20

3 Ways to Connect for Worship

YOUTUBE

<https://www.youtube.com/channel/UCWV9wqAvPiUKSkEbjav6Zpw>

- YouTube Live Premiere will broadcast at 11am Sunday morning. There will be a countdown before. We highly recommend using the mobile app for more convenience as it will refresh.
- Use this option for live interacting and messaging. You must have or create a user account and be logged in to message live.
- If using a laptop, you will need to refresh your browser after 11am to click to watch live.

FACE BOOK

https://www.facebook.com/pg/FirstCongregationalUCCIndy/posts/?ref=page_internal

- The video will be posted at 11am.
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DIAL-IN

- Dial **317-204-3862**
- Landline is preferred for clarity.
- If calling with a smart phone, setting your cellular setting to Wi-Fi calling will be clearer.

Coffee Hour, 12:00 p.m. (or immediately after worship)

Zoom

link: <https://us04web.zoom.us/j/9264494206?pwd=dmtWbWE5UXRBTk5pcHZlYlB0aEFVUT09>

To dial in by phone: +1 312 626 6799, Meeting ID 926 449 4206, Password 7171.

Outdoor Vespers Service – Tuesday, Sept 8th from 7:00 – 7:30 p.m. - Join us in the lovely setting of the Memorial Garden for a quiet time to be together, ponder scripture, and share our joys and concerns. Bring a chair and face mask as we spend some precious time with one another, and practice our love by keeping distant and wearing face coverings. Note: if the weather is threatening, the event will be cancelled, since we cannot run into the building to take cover.

What's Happening at FC

Mental Health Helpline

Anyone feeling anxiety from the pandemic should be encouraged to call the **Substance Abuse and Mental Health Services Administration's Disaster Distress Helpline at 800-985-5990**, or **text "TalkWithUs" to 66746**. Users will be connected with trained crisis counselors.

TODAY! Men's Lunch, 1:00 PM

This lunch and discussion gathering for men of First Congregational meets every other Thursday at 1 p.m. Please contact Randy Walker at (317) 796-2081 or aa28977rwalker@gmail.com for more information.

TODAY! Spiritual Support Group, Thursdays from 5:00 - 6:00 PM

Our weekly Spiritual Support Group for Mental Health, Emotional Health, and Wellness gathers on the church's ZOOM from 5:00 to 6:00 pm EVERY Thursday. Pastor Sarah and Pat Larracey will be leading this wonderful WISE program and is OPEN to all with mental or emotional health challenges and those living with loved ones who have mental or emotional health challenges. We look forward to greeting each of you with love.

Zoom

Link: <https://us04web.zoom.us/j/9264494206?pwd=dmTWbWE5UXRBTk5pcHZlYlB0aEFVUT09>

To dial in by phone: +1 312 626 6799, Meeting ID 926 449 4206, Password 7171.

Wellness Wednesdays, 10:30 - 11:30 AM – Check in with mind, body, and spirit on Wednesday, **September 9th** for a 45-60 minute practice of intentional breath practices, meditation, and slow physical movements. This practice will be recorded and shared on the church website.

Zoom

Link: <https://us04web.zoom.us/j/9264494206?pwd=dmTWbWE5UXRBTk5pcHZlYlB0aEFVUT09>

Book Buzz - Starting Sept 13th



“Our only chance at dismantling racial injustice is being more curious about its origins than we are worried about our comfort. It’s not a comfortable conversation for any of us. It is risky and messy. It is haunting work to recall the sins of our past. But is this not the work we have been called to anyway? Is this not the work of the Holy Spirit to illuminate truth and inspire transformation? It’s haunting. But it’s also holy.”

—

AUSTIN CHANNING BROWN
AUTHOR



Unlocking Us PODCAST WITH **BRENÉ BROWN** | EPISODE #18

Who doesn't like chatting meaningfully with friends over lunch? Next week (September 13) we will start biweekly buzz sessions at 12:30 discussing both our own and Austin Channing Brown's perspectives on racism today. Her books are still available for loan from the church - they can be picked up at church at the same time as the food drive - from 10am - 12pm on Saturday the 12th. Or contact Karen Walker or Carol Sowle to have one delivered to you personally! (Karen: 317-319-8950, karen.e.d.walker@gmail.com, Carol: 317-496-9732, casowle@gmail.com). The first week we will do introductions and only some of the first chapter about who Austin is. So no big reading assignment.

The book, "I'm Still Here: Black Dignity in a World Made For Whiteness", follows the author's life and raises many questions. The author says "I offer this story in hopes that we will embody a community eager to name whiteness, celebrate Blackness, and, in a world still governed by systems of racial oppression, begin to see that there's another way."

Thanks! - Pastor Sarah, Karen, Alice, Carol, Cassidy



Family Promise – Help Provide Supplies for an Apartment for a Homeless Family!

As part of our Just Peace Ministries, FC Indy is participating in a drive to help furnish apartments for the homeless; we are partnered with Carmel UMC and All Soul's UU to supply 1 apartment. These are leased by Family Promise through a new grant they received. Thanks to a great response, all of the items needed have been accounted for. FC Indy purchased some larger ticket items, and your financial gifts will cover these costs. You can mail a check to the church (specify FP Apt on memo line), or donate online. Questions? Contact Sandy Wood or Wendy Baldwin. **Thank you for helping in this effort to house a homeless family!**

Continue Your Support of First Congregational UCC

Please continue supporting the mission and ministries of your local church at <http://www.fcindy.org/online-giving/>

SE Association Eviction Ministry Update

The CDC calls eviction a public health crisis; calls for a moratorium on evictions through the end of 2020: <https://www.npr.org/sections/coronavirus-live-updates/2020/09/01/908581048/sweeping-new-eviction-ban-from-trump-administration>

This moratorium on eviction does not mean the crisis is over. This halt in evictions simply gives us the opportunity to prepare for the needs of Central Indiana families in the coming months. As we prepare for 2021, we need your support. **Here are a few ways you can help:**

- **Financial Support** - Checks can be made out to: Southeast Association of the IKC UCC. Please include in the memo line: "Eviction Ministry." Donations can be mailed to the treasurer at:
SE Association Eviction Ministry
Attn: Margie Potter
726 Coach Rd.
Indianapolis, IN 46227
- **Join our Team** - We welcome new members who want to join our team so that we can

continue to grow and expand this ministry.

- **Legal resources** - If you have legal experience with the eviction process, we would love to talk with you to gain better insight into the legal process of eviction in Indiana.

- Rev. Shannon Abbott (shannon@fcindy.org), Pastor Sarah Frische-Mouri Hannigan (pastorsarahzucc@gmail.com), Walter Ziebell (wziebell@gmail.com)

Staying Connected

FC Facebook page (click [here](#))

“First Congregational Indy Fellowship” group on Facebook (click [here](#)).

Pastoral Care

We are all still here for you and will stay connected. Pastor Sarah may be reached at (386)478-9012 or pastorsarah@fcindy.org.

Additional Church Support Contacts

Pastor Carol (casowle@gmail.com)

Office Administrator, Shannon (shannon@fcindy.org)

Moderator, Alice Rutherford (alice@caloosaspirt.net)

Vice Moderator, Larry Eckel (lspeckel@comcast.net)

THIS WEEK AT FIRST CONGREGATIONAL

3 Ways to Connect for Worship

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DIAL-IN

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Weekly Calendar

Thursday, Sept 3	1:00 p.m.	Men's Lunch
Thursday, Sept 3	5:00 p.m.	Spiritual Support Group for Mental Health
Sunday, Sept 6	9:30 a.m.	Sunday Adult Class
Sunday, Sept 6	11:00 a.m.	Sunday Worship (YouTube, Facebook, & Dial In) – Communion Sunday
Sunday, Sept 6	12:00 p.m.	Coffee Hour (immediately after worship)
Tuesday, Sept 8	1:00 p.m.	Worship Design Team
Tuesday, Sept 8	5:00 p.m.	Soul Care with Pastor Sarah
Tuesday, Sept 8	7:00 p.m.	Outdoor Vespers Service
Wednesday, Sept 9	10:30 a.m.	Wellness Wednesday
Wednesday, Sept 9	5:00 p.m.	WISE Mental Health Team
Wednesday, Sept 9	7:00 p.m.	Church Council
Thursday, Sept 10	5:00 p.m.	Spiritual Support Group for Mental Health
Friday, Sept 11	1:00 p.m.	Worship Design Team
Sunday, Sept 13	9:30 a.m.	Sunday Adult Class
Sunday, Sept 13	11:00 a.m.	Worship (YouTube, Facebook, & Dial In)
Sunday, Sept 13	12:00 p.m.	Coffee Hour (immediately after worship)
Sunday, Sept 13	12:30 p.m.	Book Buzz

***All events are on Zoom unless indicated otherwise.**

 FirstCongregationalUCCIndy

 Forward



FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

Epistle for the Week of September 10, 2020

The building of First Congregational UCC is currently closed for group gatherings. Masks are required for gatherings occurring outside.

Dear First Congregational,

Everyone seems to have a pandemic story. Each one of us feels the impact of this challenging time. Each one of us has a story to tell. The story being told from churches across the country varies, but there is an emerging theme: pastors are burning out. And not just pastors, but lay leaders as well are feeling the burden of this time.

Here is an article that is making the rounds among clergy because it speaks a hard truth. It's written by a clergy colleague of mine who serves as a coach to clergy across the country: <https://www.laurastephensreed.com/blog/the-coming-tidal-wave-of-pastoral-departures>. It's difficult to read, but necessary to know how pastors and churches are being impacted.

I thankfully the IKC, working with its Board of Directors and the Mental Health Team, are creating new programs to support clergy wellness in our Conference. This will help. What also helps is knowing that we are here for one another in covenant and that we will get through this together. I ask for your continued prayers for me, our staff and our lay leaders as we seek to discern what is going to keep us healthy, safe, and sustainable for the future.

Know that I am grateful for First Congregational and that I am committed to being here with you.

Blessings,
Pastor Sarah

Soul Care with Pastor Sarah - Join us on **Tuesdays from 5:00-6:00 p.m.** for a time to check-in and to pray together.

Here is the Zoom link:

<https://us02web.zoom.us/j/494018938?pwd=a3BrdnNyWxEza0tFMUgwek1CVFpYQT09>

Worship

Sunday Adult Education, 9:30 a.m. (Zoom)

September 13: Led by Wendy Baldwin, join us to discern and discuss a selected Bible passage, and how it speaks to us about **generosity and stewardship**.

Sunday Worship, 11:00 a.m. (YouTube, Facebook, or Dial In)

Student Pastor, Cassidy Hall is preaching on "Yes Means Yes"

Scripture: Matthew 5:33-37

Coffee Hour, 12:00 p.m. (via Zoom, immediately after worship)

Book Buzz - The Series is starting THIS SUNDAY!



This Sunday the 13th at 12:30 - grab your lunch and join us for our first Book Buzz!

Through 6 meetings over 3 months, we will discuss themes from Austin Channing Brown's book, *I'm Still Here: Black Dignity in a World Made For Whiteness*. Pastor Sarah will lead our first meeting focusing on introductions and what we are hoping to accomplish with these conversations, as well as an introduction to Austin Channing Brown, so only the first chapter is recommended at this time. But no requirement to read before Sunday - join us for a safe and open discussion! We hope these discussions can help our congregation both understand the current environment better and lead us towards future action.

If you don't have a book yet, they will be available Saturday at the church from 10am-12pm during the pantry drop off time, or contact Karen Walker or Carol Sowle to get one to you (Karen: 317-319-8950, karen.e.d.walker@gmail.com, Carol: 317-496-9732, casowle@gmail.com). The church is providing the book on loan to anyone who wants to read it, and we will donate them to the conference to be used elsewhere next year.

All Sunday Zoom Gatherings use the following link unless otherwise specified:

Zoom

Link: <https://us02web.zoom.us/j/9264494206?pwd=dmRbWE5UXRBTk5pcHZlYlB0aEFVUT09>

To dial in by phone: 1 312 626 6799 US, Meeting ID: 926 449 4206, Password: 7171

Church Hum-a-long: Sunday, September 20th at 6:30pm (outside)

First Congregational UCC presents...

HUM-A-LONG

A Night of Music and Fellowship



Let's gather on — September 20th - at 6:30 p.m.



outside at First Congregational UCC



What's Happening at FC

All Zoom Gatherings use the following link unless otherwise specified:

Zoom

Link: <https://us02web.zoom.us/j/9264494206?pwd=dmtWbWE5UXRBTk5pcHZlYlB0aEFVUT09>

To dial in by phone: 1 312 626 6799 US, Meeting ID: 926 449 4206, Password: 7171

Lifeline: 1-844-493-8255; en español, 1-888-628-9454



Lifesaving Measures

by Rev. Dr. Rachael Keefe, UCC Mental Health Network

Here is a list of some things you can be doing right now:

1. **Increase your knowledge** about mental illness and suicide prevention. NAMI is a great source for mental health information and AFSP is a good place to learn more about suicide prevention.
2. **Create small groups** of active members and friends of your congregation with a designated leader. The leader would be responsible for making sure each small group member is contacted each week. This can be done via Zoom or another platform, emails, texts, phone calls, or letters. In the congregation I serve, small groups have lessened the burden for congregational care teams.
3. **Consider creating interest groups** for building kinship. These groups would meet online monthly (or weekly if there is interest). The topics of the groups can vary from book clubs to hobbies. There is no limit if people are willing to share their skills, interests, and hobbies.
4. **Ask your pastor** to host a weekly online gathering time for folks to check-in. There's no specific topic, just a time to talk with each other.
5. **Identify any people** who might be particularly vulnerable during the pandemic and make sure they are connected to the community. Make sure to note those who live alone and might be feeling isolated, elders living in care settings who are not able to have in-person visits, those who live with ongoing mental health challenges, and those who are struggling with physical health conditions. There may be circumstances in your community that increase the risk for mental health conditions for a particular population (e.g. farmers, factory workers, those who are furloughed or unemployed due to COVID-19). Be sure to include these people on your list for additional outreach.
6. **Include local resources** for mental health care in your church newsletter.
7. **Online support groups** can be started for people experiencing an increase in mental health challenges.

8. **Online support groups** can also be started for those experiencing grief or loss.
9. **Explore the possibility** of getting connective technology to those who don't have it. For example, can simple tablets be donated or purchased for those who don't have a smartphone? Are there internet providers in your area offering free or reduced-price services for those in need?
10. **Name mental health struggles** in prayers during worship. It is as important as ever to break the stigma and silence surrounding mental illness.

Mental Health Helpline

Anyone feeling anxiety from the pandemic should be encouraged to call the **Substance Abuse and Mental Health Services Administration's Disaster Distress Helpline at 800-985-5990**, or **text "TalkWithUs" to 66746**. Users will be connected with trained crisis counselors.

TODAY! Spiritual Support Group for Mental Health Conditions, Challenges, and Wellness, Thursdays from 5:00 - 6:00 PM (Zoom) - This group openly invites anyone seeking spiritual care concerning their well being. We have covenanted with:

- care givers of loved ones who have mental illness, i.e. dementia and Alzheimer's
- chaplains seeking to renew their wellness
- burned out and overwhelmed medical folk
- fears of parents, grandparents, and teachers about school and college
- those with trauma, grief, up and down moods, disorders, stigma, emotional issues

All sessions are confidential and are led by Pastor Rev. Dr. Sarah Lund and Rev. Dr. Patrick Larracey, co-chair of the church's WISE Team. Please feel free to call or email either of us if you have questions: Pastor Sarah: pastorsarah@fcindy.org, or 386-478-9012. Dr. Pat: plainandfancy1963@att.net, or 317-625-6801. You do not have to be alone with your struggles or journey.

Food Drive & Fellowship! THIS Saturday, September 12th from 10AM - 12PM

Let's help fight poverty and hunger through our food donations to the Northside Pantry. You can also spend a few minutes at the Food Drive to share in fellowship with those there, while maintaining safe distance protocols.

Preferred donation items are:

- Vegetables: Green Beans, corn, diced tomatoes, peas
- Fruit: Pineapple chunks, Mandarin oranges, Applesauce
- Macaroni & Cheese

- Canned Tuna or chicken
- Spaghetti, Elbow macaroni, Egg noodles, Rice
- Peanut butter
- Strawberry or grape jelly
- Pancake mix
- Oils
- Toilet paper
- Kleenex

*Please note – regular size cans and jars are preferred.

NEW! Wellness Wednesdays, 10:30 - 11:30 AM (Zoom) – During times of stress, the tendency is to disconnect, not only outwardly, but also internally. This fracturing of our wholeness (the connection between mind, body, and spirit) can lead to physical, emotional, or spiritual dis-ease. Wellness Wednesdays are an opportunity to check in with one another, and to learn new practices (breathing, meditation, physical movements) that can be used on a daily basis to help lower stress and reconnect as the whole person God created us to be. Based on your comfort level, you may have your camera on or off during this practice. All Wellness Wednesday practices are recorded and shared on the church website and Facebook page.

Book Circle - Tuesday, September 15th at 1:30 pm (Zoom) - We are starting a new book - the classic, *Their Eyes Were Watching God*, by Zora Neale Hurston. We will be reading the first 2 chapters or 50 pages. Click [HERE](#) for a discussion guide to the book. Contact Karen Walker with any questions.



Family Promise – Help Provide Supplies for an Apartment for a Homeless Family!

As part of our Just Peace Ministries, FC Indy is participating in a drive to help furnish apartments for the homeless; we are partnered with Carmel UMC and All Soul's UU to supply 1 apartment. These are leased by Family Promise through a new grant they received. Thanks to a great response, all of the items needed have been accounted for. FC Indy purchased

some larger ticket items, and your financial gifts will cover these costs. You can mail a check to the church (specify FP Apt on memo line), or donate online. Questions? Contact Sandy Wood or Wendy Baldwin. **Thank you for helping in this effort to house a homeless family!**

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Staying Connected

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“First Congregational Indy Fellowship” group on Facebook (click [here](#)).

Pastoral Care

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Moderator, Alice Rutherford (alice@caloosaspirt.net)

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THIS WEEK AT FIRST CONGREGATIONAL

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How to Access our Zoom Gatherings

<https://us04web.zoom.us/j/9264494206?pwd=dmTWbWE5UXRBTk5pcHZlYlBoaEFVUT09>

Meeting ID: 926 449 4206

Password: 7171

If you click on the URL, you should not need to enter in the Meeting ID and Password.

To dial in by phone: +1 312 626 6799, Meeting ID 926 449 4206, Password 7171.

Weekly Calendar

Thursday, Sept 11	5:00 p.m.	Spiritual Support Group for Mental Health and Wellness
Saturday, Sept 12	10:00 a.m.	Outdoor Food Drive
Sunday, Sept 13	9:30 a.m.	Sunday Adult Class
Sunday, Sept 13	11:00 a.m.	Sunday Worship (YouTube, Facebook, & Dial In)
Sunday, Sept 13	12:00 p.m.	Coffee Hour (immediately after worship)
Sunday, Sept 13	12:30 p.m.	Book Buzz
Tuesday, Sept 15	5:00 p.m.	Soul Care with Pastor Sarah
Wednesday, Sept 16	10:30 a.m.	Wellness Wednesday
Wednesday, Sept 16	6:30 p.m.	Calling Circle
Thursday, Sept 17	1:00 p.m.	Men's Lunch
Thursday, Sept 17	5:00 p.m.	Spiritual Support Group for Mental Health
Sunday, Sept 20	9:30 a.m.	Sunday Adult Class
Sunday, Sept 20	11:00 a.m.	Worship (YouTube, Facebook, & Dial In)
Sunday, Sept 20	12:00 p.m.	Coffee Hour (immediately after worship)
Sunday, Sept 20	6:00 p.m.	Church Hum-a-long (outside at FC)

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FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

Epistle for the Week of September 17, 2020

The building of First Congregational UCC is currently closed for group gatherings. Masks are required for gatherings occurring outside.

Dear First Congregational,

I celebrate that our church is adapting to new ways to Be The Church. Thank you all for the support as we find creative ways to Be The Church together. We've begun to meet weekly now for outdoor vespers every Tuesday starting at 6:30pm. This is new for us and it is good.

Another new opportunity for our church is this Sunday evening, the last night of summer, we will gather for an outdoors "Hum-A-Long," a night of music and togetherness. We will be gathering in the courtyard area so come around to the back parking lot of the church. Bring your lawn chair, a mask, and a heart ready to be touched by inspiring music.

We will tap our feet and hum along to the sounds of our Music Director/Organist Sean Baker. Joining Sean on vocals will be Alice Rutherford and we welcome back for this special night,

Julie Houston. All of our vocalists will be following safety protocols for singing, maintaining safe physical distances from others.

The Hum-A-Long begins at 6:30pm and will finish up by 7:30pm. We look forward to this special night of Being The Church together.

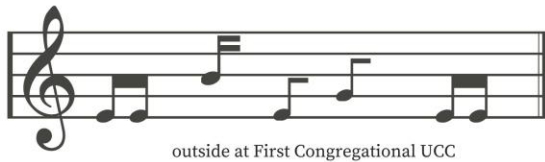
Blessings,
Pastor Sarah

Church Hum-a-long: THIS Sunday, September 20th at 6:30pm (outside)

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A Night of Music and Fellowship



Soul Care with Pastor Sarah - Join us on **Tuesdays from 5:00-6:00 p.m.** for a time to check-in and to pray together.

Here is the Zoom link:

<https://us02web.zoom.us/j/494018938?pwd=a3BrdnNyWXEza0tFMUgwek1CVFpYQT09>

Worship

Sunday Adult Education, 9:30 a.m. (Zoom)

September 20: The “IKC Annual Gathering Responding to Systemic Racism

Discussion.“ This important panel discussion was presented and recorded at our annual gathering via Zoom in June. We will watch/listen to this discussion, with frequent pauses for our own reflection and sharing with one another. Wendy will facilitate this process both this Sunday and next Sunday. You are invited to listen to the recorded panel discussion ahead of time, and bring to class your thoughts and questions. The discussion can be found on YouTube at:

<https://youtu.be/dozIJ3jgLSA>

In additions, we will read a short book review of *Blind spot: Hidden Biases of Good People* by Mahzarin R. Banaji and Anthony G. Greenwald, available at this link:

https://www.washingtonpost.com/opinions/blindspot-hidden-biases-of-good-people-by-mahzarin-r-banaji-and-anthony-g-greenwald/2013/02/08/4c42d6b8-6a1b-11e2-ada3-d86a4806d5ee_story.html

Sunday Worship, 11:00 a.m. (YouTube, Facebook, or Dial In)

Pastor Sarah is preaching on "Breathing into Tomorrow."

Scripture: Scripture: Exodus 16:2-15

Coffee Hour, 12:00 p.m. (via Zoom, immediately after worship)

All Sunday Zoom Gatherings use the following link unless otherwise specified:

Zoom

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To dial in by phone: 1 312 626 6799 US, Meeting ID: 926 449 4206, Password: 7171

Outdoor Vespers Service – Tuesdays at 6:30-7:00 p.m. – Note the new time.

OUTDOOR VESPERS SERVICE

EVERY TUESDAY AT 6:30PM

- JOIN US IN OUR MEMORIAL GARDEN FOR A TIME OF TOGETHERNESS, SCRIPTURE, AND SHARING OF JOYS AND CONCERNS.

- BRING A CHAIR AND FACE MASK. WE PRACTICE OUR LOVE BY KEEPING DISTANT AND WEARING FACE COVERINGS

FCINDY.ORG

Note: If the weather is threatening, the event will be cancelled, since we cannot run into the building to take cover.

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Mental Health Helpline

Anyone feeling anxiety from the pandemic should be encouraged to call the **Substance Abuse and Mental Health Services Administration's Disaster Distress Helpline at 800-985-5990**, or **text "TalkWithUs" to 66746**. Users will be connected with trained crisis counselors.

TODAY! Men's Lunch, 1:00 p.m. - This lunch and discussion gathering for men of First Congregational meets every other Thursday at 1:00pm. Please contact Randy Walker at (317) 796-2081 or aa28977rwalker@gmail.com for more information.

TODAY! Spiritual Support Group for Mental Health Conditions, Challenges, and Wellness, Thursdays from 5:00 - 6:00 PM (Zoom) - This group openly invites anyone

seeking spiritual care concerning their well being. vve have covenanted with:

- care givers of loved ones who have mental illness, i.e. dementia and Alzheimer's
- chaplains seeking to renew their wellness
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- fears of parents, grandparents, and teachers about school and college
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All sessions are confidential and are led by Pastor Rev. Dr. Sarah Lund and Rev. Dr. Patrick Larracey, co-chair of the church's WISE Team. Please feel free to call or email either of us if you have questions: Pastor Sarah: pastorsarah@fcindy.org, or 386-478-9012. Dr. Pat: plainandfancy1963@att.net, or 317-625-6801. You do not have to be alone with your struggles or journey.

NEW! Wellness Wednesdays, 10:30 - 11:30 AM (Zoom)

Next Wednesday, September 23rd, join in a practice of Mid-Morning Prayers through contemplation, mindful movement, and prayers. See your Wellness Wednesday email next week for more information.

Based on your comfort level, you may have your camera on or off during this practice. All Wellness Wednesday practices are recorded and shared on the church website and Facebook page.

Book Buzz - Off to a great start! Join in anytime!

Last Sunday we had our first discussion - over 20 people attended and shared in a conversation about what it means to each of us to be White and taking the next steps in understanding our culture's inherent racism. We will continue to meet every other Sunday, and during the meetings we will have small group breakouts to facilitate more discussion. Our **next meeting on September 27** will focus on chapters 2-4 and her school experiences as a Black woman. These informal discussions are open to all, so drop in on any session that might interest you.

If you don't have a book yet ("I'm Still Here" by Austin Channing Brown), contact Karen Walker or Carol Sowle to get one to you (Karen: 317-319-8950, karen.e.d.walker@gmail.com, Carol: 317-496-9732, casowle@gmail.com). The church is providing the book on loan to anyone who wants to read it, and we will donate them to the conference to be used elsewhere next year.

Thanks! - Pastor Sarah, Karen, Alice, Carol, Cassidy

Festival of Faiths

The Festival of Faiths is Live! We appreciate all of your support during our technical difficulties

on Sunday and patiently waiting to view the festival. We would like to thank our Sponsors & Exhibitors, WFYI, and the Festival of Faiths Steering Committee. We could not have created this wonderful recording without you. We encourage you to watch this video with friends and family. Please share comments online, we would love your feedback.

Sincerely,

Sonal Sanghani, Festival of Faiths Steering Committee Chair & CIC Board Member

Charlie Wiles, CIC Executive Director

Watch here: https://www.youtube.com/watch?v=YX_nWQrSFfg



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Pastoral Care

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Office Administrator, Shannon (shannon@fcindy.org)

Moderator, Alice Rutherford (alice@caloosaspire.net)

Vice Moderator, Larry Eckel (lspeckel@comcast.net)

THIS WEEK AT FIRST CONGREGATIONAL

3 Ways to Connect for Worship

YOUTUBE

<https://www.youtube.com/channel/UCWV9wqAvPiUKSkEbjaV6Zpw>

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DIAL-IN

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Weekly Calendar

Thursday, Sept 17	1:00 p.m.	Men's Lunch
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Thursday, Sept 17	5:00 p.m.	Spiritual Support Group
Sunday, Sept 20	9:30 a.m.	Sunday Adult Class
Sunday, Sept 20	11:00 a.m.	Sunday Worship (YouTube, Facebook, & Dial In)
Sunday, Sept 20	12:00 p.m.	Coffee Hour (immediately after worship)
Sunday, Sept 20	6:30 p.m.	Hum-a-long (outside at FC)
Tuesday, Sept 22	5:00 p.m.	Soul Care with Pastor Sarah
Tuesday, Sept 22	6:30 p.m.	Outdoor Vespers Service
Wednesday, Sept 23	10:30 a.m.	Wellness Wednesday
Wednesday, Sept 23	7:00 p.m.	Church Council
Thursday, Sept 24	11:45 a.m.	Women's Lunch Bunch
Thursday, Sept 24	5:00 p.m.	Spiritual Support Group
Sunday, Sept 27	9:30 a.m.	Sunday Adult Class
Sunday, Sept 27	11:00 a.m.	Worship (YouTube, Facebook, & Dial In)
Sunday, Sept 27	12:00 p.m.	Coffee Hour (immediately after worship)
Sunday, Sept 27	12:30 p.m.	Book Buzz

***All events are on Zoom unless indicated otherwise.**

 [FirstCongregationalUCCIndy](#)

 [Forward](#)



FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

Epistle for the Week of September 24, 2020

The building of First Congregational UCC is currently closed for group gatherings. Masks are required for gatherings occurring outside.

Dear First Congregational,

As our congregation engages in critical and faithful conversations about justice issues, we do so as followers of Jesus. As students of the Gospel and as disciples of Jesus, we approach issues like racism from the lens of faith in a God of love.

Thank you for all who are engaged in our Book Buzz effort to explore together how racism impacts us and our neighbors. I look forward to our online discussion this Sunday following worship at 12:30pm. Everyone is welcome to join us. Our understanding deepens when more voices are present and heard.

We are finding meaningful and creative ways to Be The Church in these turbulent times. I am grateful to be part of this community of faith that allows me to experience God's comfort and

grace and to grow in my faith. I thank you all for your continued support and prayers for our church.

Peace,
Pastor Sarah

Soul Care with Pastor Sarah - Join us on **Tuesdays from 5:00-6:00 p.m.** for a time to check-in and to pray together.

Here is the Zoom link:

<https://us02web.zoom.us/j/494018938?pwd=a3BrdnNyWXEza0tFMUgwek1CVFpYQT09>

Worship

Sunday Adult Education, 9:30 a.m. (Zoom)

September 27: Continuation of the “**IKC Annual Gathering Responding to Systemic Racism Discussion.**” This important panel discussion was presented and recorded at our annual gathering via Zoom in June. We will watch/listen to this discussion, with frequent pauses for our own reflection and sharing with one another. Wendy will facilitate this process. You are invited to listen to the recorded panel discussion ahead of time, and bring to class your thoughts and questions. The discussion can be found on YouTube at: <https://youtu.be/dozIJ3igLSA> Time permitting, we will look at the article “Test Yourself for Hidden Bias” available at this link: <https://www.tolerance.org/print/14222/print>. This article provides a link to an online test that you can take to test yourself.

Sunday Worship, 11:00 a.m. (YouTube, Facebook, or Dial In)

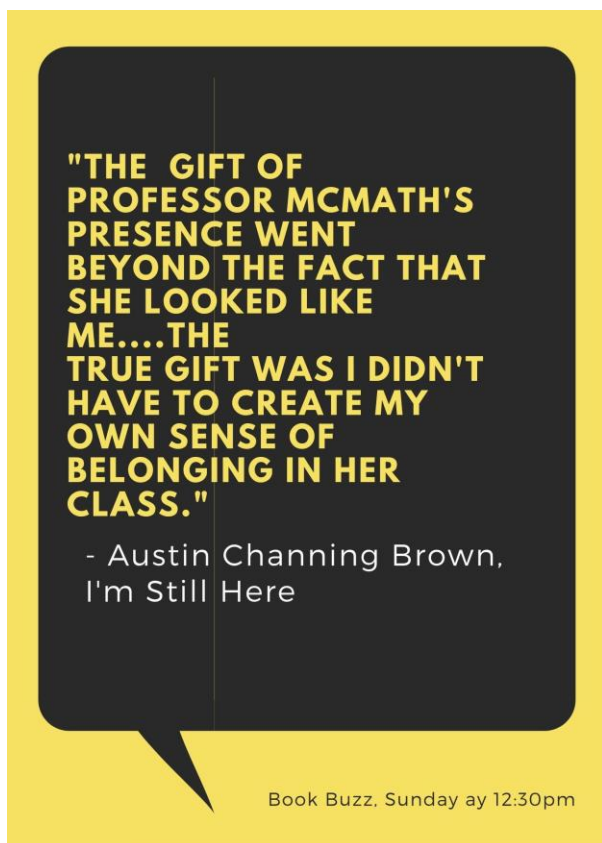
Pastor Sarah is preaching, "Hope How? Hope Now!"

Scripture: Philippians 2:1-13

Coffee Hour, 12:00 p.m. (via Zoom, immediately after worship)

Book Buzz this Sunday - join us at 12:30p.m.

Grab your lunch and join in the conversation on Sunday, September 27, focusing on chapters 2 through 4 of "I'm Still Here" and Austin Channing Brown's school experiences as a Black woman, a lot of discussion on fitting in and not fitting in, and expectations around that, both on trying to fit in and on trying to make space for others to join (school choice, affirmative action, diversity focus, even emotional trips to visit the lynching museum). These informal discussions are open to all, so drop in on any session that might interest you, whether you have read the book or not.



If you don't have a book yet ("I'm Still Here" by Austin Channing Brown), contact Karen Walker or Carol Sowle to get one to you (Karen: 317-319-8950, karen.e.d.walker@gmail.com, Carol: 317-496-9732, casowle@gmail.com). The church is providing the book on loan to anyone who wants to read it, and we will donate them to the conference to be used elsewhere next year.

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Outdoor Vespers Service – Tuesdays at 6:30-7:00 p.m. – Note the new time & place.

Join us **on the patio** for a time of togetherness, Scripture, and sharing of joys and concerns. Bring a chair and face mask. We practice our love by keeping distant and wearing face coverings.

Note: If the weather is threatening, the event will be cancelled, since we cannot run into the building to take cover.

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TODAY! Women's Lunch Bunch, 11:30 AM (Zoom)

All women of the church are invited to get together once a month at **11:30am.** via Zoom for lunch, friendship and fellowship. For questions or more information please contact Sue Chapman at (317) 259-1806 or carolsuech59@gmail.com.

TODAY! Spiritual Support Group for Mental Health Conditions, Challenges, and Wellness, Thursdays from 5:00 - 6:00 PM (Zoom) - This group openly invites anyone seeking spiritual care concerning their well being. We have covenanted with:

- care givers of loved ones who have mental illness, i.e. dementia and Alzheimer's
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NEW! Wellness Wednesdays, 10:30 - 11:30 AM (Zoom)

Next Wednesday, **September 30th**, we will cultivate our **intellectual wellness** as we join in a conversation of group discernment regarding what wellness looks like for you, how you are cultivating your mental, physical, spiritual, and intellectual wellness, and what ways FC can

offer you support in your wellness. This conversation will not be recorded for the sake of confidentiality; however, a brief pre-recorded wellness practice will be provided via email, on the website, and on the church facebook page for your continued benefit.



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Sunday, Sept 27	9:30 a.m.	Sunday Adult Class
Sunday, Sept 27	11:00 a.m.	Sunday Worship (YouTube, Facebook, & Dial In)
Sunday, Sept 27	12:00 p.m.	Coffee Hour (immediately after worship)
Sunday, Sept 27	12:30 p.m.	Book Buzz

Tuesday, Sept 29	1:00 p.m.	Worship Design Team
Tuesday, Sept 29	5:00 p.m.	Soul Care with Pastor Sarah
Tuesday, Sept 29	6:30 p.m.	Outdoor Vespers Service
Wednesday, Sept 30	10:30 a.m.	Wellness Wednesday
Thursday, Oct 1	1:00 p.m.	Men's Lunch
Thursday, Oct 1	5:00 p.m.	Spiritual Support Group
Thursday, Oct 1	7:00 p.m.	Calling Circle
Sunday, Oct 6	9:30 a.m.	Sunday Adult Class
Sunday, Oct 6	11:00 a.m.	Worship (YouTube, Facebook, & Dial In)
Sunday, Oct 6	12:00 p.m.	Coffee Hour (immediately after worship)

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